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Connie Antoniou answers all of your real estate questions, please email me at questionsforconnie@gmail.com

What are Some Top Tips to Prepare for Homebuying in 2024?

Financial Preparation: Begin by getting your finances in order. Lower mortgage rates are advantageous, but you should aim for the lowest rate possible. To improve your credit score, consider paying off or paying down high-interest credit card balances. This can also lower your debt-to-income ratio, which lenders consider when determining your interest rate.

Explore Mortgage Options: Investigate mortgage options tailored for first-time homebuyers, as they often come with more favorable terms and lower down payment requirements. Government-backed loans, such as FHA, VA, USDA, and special programs from lenders like Citi bank or Wintrust, can offer down payment assistance.

Avoid Rushing: While timing can be important, don't rush into a decision. Take your time to carefully evaluate your options and make an informed choice. This is a significant financial decision, so avoid making hasty choices that you may regret later.



Build Savings: Saving for a down payment and closing costs is crucial. Many mortgage programs allow for low down payments, but having more to put down can lead to better interest rates and more appealing offers to sellers. Additionally, homeownership often comes with unexpected costs, so having an emergency fund is essential to avoid financial strain.

In summary, 2024 offers opportunities with lower mortgage rates but presents challenges with high home prices and competition. By taking proactive steps to prepare your finances, explore mortgage options, time your purchase wisely, avoid rushing, and build savings, you can increase your chances of successfully navigating the housing market and achieving your homeownership goals.

In closing, are you confident that you have the best real estate agent representing you? One who has what it takes to get the job done? One you are proud to have represent you in perhaps the most expensive purchase of your life? If not, interview several real estate agents until you find one who best represents you.

*If you would like to discuss your unique real estate needs **confidentially**, you may call or text me at +1 847.508.7775 or email connie.antoniou@sothebysrealty.com.*



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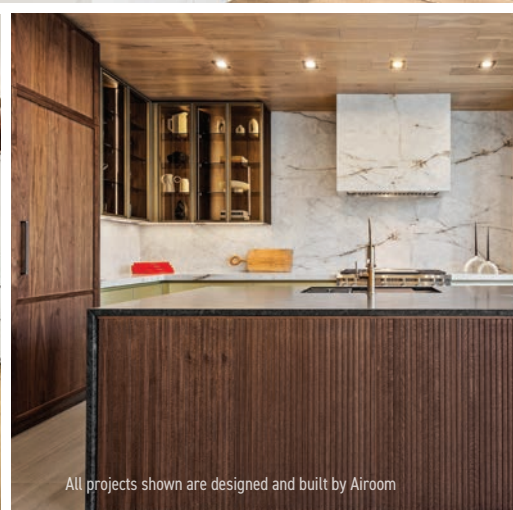
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Dr. Kara Londergan of Hohm Psychotherapy wearing Lafayette 148 New York, neimanmarcus.com. More on her practice can be found in *Begin Again*. Photography by Maria Ponce Berre, Styling by Theresa DeMaria, Hair & Makeup by Leanna Ernest

ON THIS PAGE

Country vs. Town's Magdalena Pflanz wearing Carolina Herrera dress, Oscar de la Renta lace top, Sophia Webster shoes, neimanmarcus.com. Photography by Maria Ponce Berre, Styling by Theresa DeMaria, Hair & Makeup by Leanna Ernest

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EDITOR'S NOTE



This April issue is full of sunshine. *The Buzz* spotlights a cultural event, a treasured Barrington club, and two new business openings. All are sure to be the talk of the town. Our

Beauty and *Fashion* sections share the latest in new product launches and covetable pieces to wear this season. Magdalena Pflanz, who was born in Bulgaria, shares what she loves about Barrington in *Country vs. Town*.

Luxury Offerings highlights a beautiful property in Barrington, alongside an incredible apartment in a high rise on the shores of Coeur d'Alene, Idaho, and a spectacular all-black exterior home in Quebec.



Barrington Dancing with the Stars

And speaking of homes, when looking to find your dream home, look no further than local realtor Kate Fanselow. Having grown up in Northern California in a close-knit Italian American family she describes as "like a warm big hug just when you need it most," her energy is palpable. Follow along in *Bringing the Good Energy* as we join her on a typical day as she balances career with motherhood in our community.

And if in need of a spring refresh, now with Pinch, a new Mobile Med Spa, it's never been easier to look and feel your best—now from the comfort of your own home. In *A Pinch* shares their start-up story and services offered.

Bacoa recently held their 7th annual Dancing with the Barrington Stars Fundraiser to great success. This year's dance teams raised over \$380,000 to help Bacoa support older adults in the community. In honor of April being National Autism Awareness Month, District 220 elementary schools are hosting a month-long walk-a-thon for the month of April for all students grades K-5th. This month-long event, known as "Steps for Jett" is in honor of the late Jett Serek (2nd grade/8 years old) who the community tragically lost in March. On Tuesday, April 30, each Barrington elementary school will be hosting an opportunity at each campus to complete their steps for all students during their recess.

In *One Last Thing*, learn the story behind South Barrington's newest hot spot, Te'Amo Boba Bar, and how founder Mia Wan is bringing traditions of community building from her hometown in China to our town.

Enjoy,

Megan Weisberg
Editor-in-Chief
megan.weisberg@jwcmedia.com



Follow along with realtor Kate Fanselow as she shares a snapshot of her typical day.



Country vs. Town's Magdalena Pflanz
alice + olivia dress, AKRIS lace baseball
jacket, Cult Gaia bag, Christian Dior
lace-up boots. neimanmarcus.com

MY WISH LIST

Carrying Dolce & Gabbana's Sicily Patent Leather Handbag, matchesfashion.com.us



Trying Prada's Newly Launched Augmented Skin Cream, nordstrom.com

Wearing Sergio Hudson's Leather Waist Belt, net-a-porter.com



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UP FRONT

CULTURE, MURMURS & STYLE

Alyssa Kapito Interiors,
published by Rizzoli

ALYSSA KAPITO INTERIORS



RIZZOLI

A beautiful bathroom by
Alyssa Kapito.

Alyssa Kapito Interiors

Known for her modern approach to classic elegance, interior designer Alyssa Kapito presents her most extraordinary residential projects in this highly anticipated debut. With bespoke interiors that merge contemporary touches with time-honored sophistication—luxurious textures, neutral tones, crisp whites, and sleek lines—Kapito has become one of the most exciting names working in design today.

In this beautiful volume, Kapito shares her unique design philosophy and 10 of her most outstanding projects. An Upper East Side townhouse is punctuated with modern design pieces and warm beige hues. A medley of natural materials offset by bold artwork defines a sleek duplex in SoHo. Clean lines and a soft palette of blues, yellows, and mauve breathe new life into a grand countryside estate. Readers will delight in discovering Kapito's approach throughout.

rizzoli.com

Rich textures and colors create a defined ambiance in this Alyssa Kapito designed space.



GRANT & DUNNE STYLING BAR OPENS

Grant & Dunne Styling Bar recently opened its doors in South Barrington to offer traditional upscale styling for men of distinction and classically elegant styling for women of glamour. Services for men include shaves, beard trimming, hair cuts and more, and for women lash enhancements, blow outs, deep conditioning treatments, and expert makeup application services are offered. *Located at 100 W. Higgins Road, South Barrington, visit grantanddunne.com to learn more and book your appointment.*

ALL ARE WELCOME

With a rich legacy dating back to 1937, The Riding Club of Barrington Hills (RCBH) is adopting a fresh take on membership in 2024 and opening its doors to non-equestrians and those who reside outside of the Barrington Hills zip code. RCBH is pleased to now welcome anyone who is interested in community, conservation, learning about horsemanship, or who seek a place for themselves or their children to take the first steps in a new passion. RCBH's annual membership supports its diligent efforts in tandem with conservation groups, the Forest Preserve, and the Barrington Hills Park District to preserve and expand open spaces, to support the availability of facilities to enjoy equestrian activities, and to protect the essential 5-acre zoning laws, which conserve natural habitats in the community. RCBH will host numerous family-friendly activities this year for its members including: Spring Tack Sale and Marketplace, Spring and Fall Schooling Shows, Working Equitation Clinics and Show, movie nights, Sunny Sunday Breakfast Series, bonfires, apple picking, and volunteer opportunities for all abilities. *For more information or to apply for your membership, please visit ridingclubofbarringtonhills.org.*

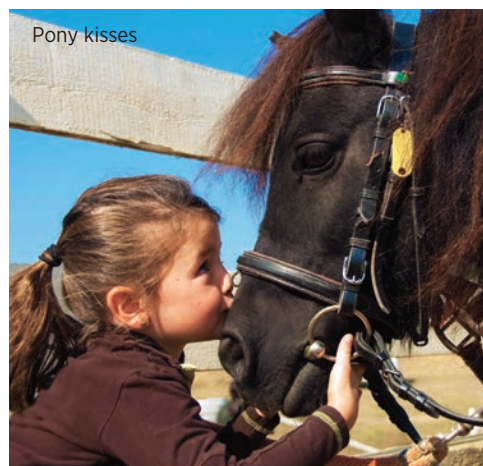
Old-fashioned fun



Family activities abound



Pony kisses



PHOTOGRAPHY BY SHERVIN LAINEZ.

TIME FOR THREE

The Music Institute of Chicago welcomes back the boundary defying, Emmy and Grammy-winning musical trio Time for Three, with its uncommon blend of instruments and vocals, Saturday, April 27 at 7:30 p.m. at Nichols Concert Hall, 1490 Chicago Avenue, Evanston. Spanning classical music, Americana, and singer-songwriter styles, their captivating sound merges eras, styles, and traditions. *Tickets are \$60 preferred, \$40 standard, and \$30 value, available at nicholsconcerthall.org.*

Time for Three



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Keeley Construction
Marketing Director
and BJWC member,
Stephanie Surz

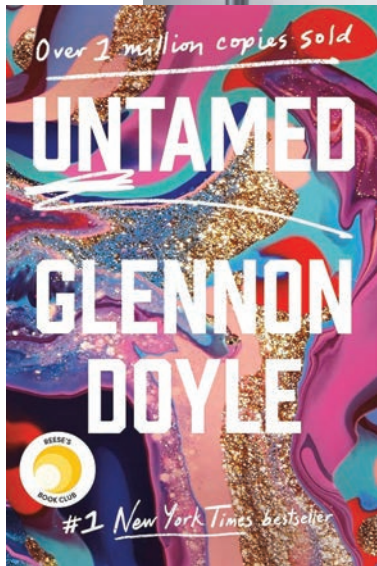
Originally from Wilmette, **STEPHANIE SURZ** moved to Barrington in 2021 with her husband. The couple now have two children, who are 2 years and 8 months old. Surz's love of volunteering began in college when she spent summers at Chicago's Children's Memorial Hospital (now Lurie Children's) helping to bring light and positivity to pediatric patients. An ardent supporter of the Make-A-Wish Foundation, she is also a member of Barrington Junior Women's Club (BJWC). Currently, Surz is co-chair of BJWC's Service to Seniors committee. This fall, she will be co-chairing an exciting new social committee that will organize fun opportunities for BJWC members to connect. Formerly a news reporter and editor at Sun-Times Media, she now uses her background in journalism as Marketing Director for Keeley Construction, a position that allows her to flourish creatively. On the side, she enjoys freelance writing and is most in her element when creating graphics from scratch or on design apps.

EDITED BY **MORGAN HOGERTY**
PHOTOGRAPHY BY **MARIA PONCE BERRE**
HAIR AND MAKEUP BY **LEANNA ERNEST**
STYLING BY **THERESA DEMARIA**

STEPHANIE LOVES

Gadget: My favorite for years has been my Polaroid camera. Aside from capturing life's beautiful moments in real time, the excitement that it brings my 2-year-old daughter is priceless. We have so much fun scrapbooking our Polaroids together and it's become "*our thing*." **Scent:** My favorite evening scent

is Chanel's Coco Mademoiselle. **Barrington spot:** Recently, it's been the newly expanded Cook Street Coffee shop for getting work done and coffee dates with friends. **Hostess gift to receive:** A small, tabletop houseplant or orchids. **Gift to give:** A pretty platter or vase from Anthropologie.



Surz stuns in
Giorgio Armani
black dress,
neimanmarcus.com

What actress would play you in a movie? Selena Gomez, whom I'm often told I look like. And I do like her show, *Only Murders in the Building*! **Who from history would you want to travel with?** I'd travel with Frida Kahlo to see all the things that inspired her creatively, including her roots in Mexican culture, which we have in common. **Where do you look for inspiration?** Loved ones. I'm a firm believer in the saying "you are only as good as the people you surround yourself with" so I lead by this and surround myself with friends and peers who inspire and motivate me in all aspects of life—motherhood, values, community, career, etc. **Favorite book?** I'm currently reading *Untamed* by Glennon Doyle. So far, I'm loving its inspiring message—don't get caught up in society's unrealistic expectations of women. Instead, be an unapologetically confident

woman and rock your authentic self. **Most beloved cookbook?** One that I created myself in 2018 when I got married. It's a collection of family recipes that I gathered from loved ones, including ones from scratch. A conglomeration of mouthwatering desserts, flavorful dinners, and authentic Mexican cuisine. It's a future heirloom piece that will be handed down to my children for them to add to. **Best dinner party hack?** Create a "Build-Your-Own" (BYO) bar for guests to serve themselves and choose their own toppings. I've done BYO bars ranging from taco to baked potato to cold pasta to dessert. So easy and fun! **What's in your bag right now?** Too much! Wallet, some mints, a hair clip, my everyday Ray-Ban sunglasses, LANEIGE Lip Sleeping Mask, Mario Badescu Lip Balm, hand sanitizer, AirPods, vitamins. Then there's stickers, hair ties, and my toddler's spilled snacks.



The Essentials

New items to covet.

EDITED BY MEGAN WEISBERG

1 Dr. Barbara Sturm, Sun Body Cream, drsturm.com 2 The Rootist, AHA+ACV Pre-Shampoo Scalp Clarifying Rinse, sephora.com 3 The Rootist, BioBrew Fermented Strengthening Serum, sephora.com 4 U Beauty, The SUPER Intensive Face Oil, nordstrom.com 5 Omorovicza, Queen Serum, nordstrom.com 6 Sisley Paris, Phyto-Teint Perfection Foundation, nordstrom.com 7 PAT McGRATH LABS, LUST Gloss, nordstrom.com 8 La Mer, The Revitalizing Mist, nordstrom.com 9 Londontown, Nail Color, nordstrom.com 10 Givenchy, Prisme Libre Color Skin-Caring Corrector, nordstrom.com 11 PAT McGRATH LABS, Divine Blush Legendary Glow Cheek Color Balm-Peach Lotus, nordstrom.com 12 Sisley Paris, Phyto-Rouge Shine Refillable Lipstick, nordstrom.com 13 Yves Saint Laurent, Pure Shots Lines Away Serum Refill, nordstrom.com



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SUPERIOR SMILE

*Why accreditation
matters when
choosing a cosmetic
dentist.*

WORDS BY
JAMES T. GAVRILOS

Think about the ways we select a dentist. Some will ask a friend or neighbor. Others will go online and check reviews. Some will even respond to advertising that comes in the mail. But even with all of these methods, we cannot be sure how good their work is. This is where accreditation comes in.

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When you are ready to look for a new dentist, let AACD help you. Go to aacd.com and select the "Find a Dentist" tab. You will be asked to enter your location and you will be given a list of the dentists in your area. Keep in mind that less than 1 percent of the world's dentists are accredited so you may have to travel to get to one. This first step will be a lot more reliable in getting the quality work that you need than asking a neighbor, going through online reviews or responding to a coupon.

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Thomas Lutz, MD RVT RPVI
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LOVE WHERE
YOU BUY

Pre-production model shown.

Born in Bulgaria, **Magdalena Pflanz** and her family moved to Chicago in the '90s. Her parents demonstrated unwavering love and dedication, and Pflanz now strives to do the same for her two wonderful children, Nikolai (9) and Scarlett (4). Pflanz and her husband, Chris, are passionate entrepreneurs and recently celebrated the success of selling one family company while continuing to lead another family company, Cleanway. Working together as a family has instilled in them all a strong sense of unity and purpose. Currently, the Pflanzs are in the middle of building their dream home in South Barrington. Believing in the power of giving back and making a positive impact on others' lives, Pflanz dedicates her time to the Barrington Junior Women's Club (BJWC). The BJWC strives to create opportunities for those in need and foster a spirit of compassion and support within our community.

EDITED BY **MORGAN HOGERTY** / PHOTOGRAPHY BY **MARIA PONCE BERRE**
HAIR AND MAKEUP BY **LEANNA ERNEST** / STYLING BY **THERESA DEMARIA**

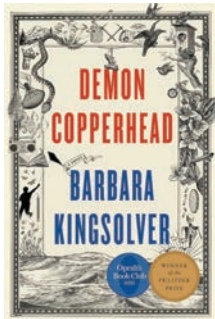
In Max Mara
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Mantra? A negative mind will never get you a positive life
Best grooming tip? Sunscreen every day, and don't forget your hands **Guilty pleasure?** A large, over-priced iced coffee **Favorite foods?** I'm Bulgarian so I love our specialties like banitza, palačinke (crepes), Bulgarian feta... **Music you love?** The Beatles, The Kinks, The Doors, Yeah Yeah Yeahs, The White Stripes, Muse **Best advice ever given to you?** When I was younger, I struggled with what was expected from me as opposed to what I wanted to do. My grandma asked, "When are you going to start doing what YOU want to do?" I needed to hear that **Best advice you've given?** Qual-



Magdalena Pflanz
 wearing Crolina
 Herrera dress,
 Oscar de la Renta
 lace top, Sophia
 Webster shoes,
neimanmarcus.com



ity over quantity, especially with friends and time **Earliest memory?** When I was 4, we drove from Chicago to Walt Disney World in our Ford Aerostar Van. It was a long drive with literally no entertainment. What I remember the most is that the middle bench seat folded down to make a bed and I was rolling around on this makeshift mattress during the whole drive. Gotta love the early '90s! **Before bed, you?** Take my vitamins, clean up the kitchen, do my skin routine, throw on the TV, and hope one of my children doesn't come sneaking in **What's on your bookshelf?** *Demon Copperhead* by Barbara Kingsolver **You can't live without?** My family, my girlfriends, and heated seats

in the winter **Love to escape to?** Telluride, CO **Advice you would give to your younger self?** You can do anything, but you can't do everything



WHEN IN THE COUNTRY

Your style is? Loose fitted jeans and a knit sweater **Can't leave the house without?** Joshua Tree Lip Balm **Transportation?** Tesla Model X, driving electric since 2014 **Driving music?** Radiohead **Place to eat?** Meze or Perry's **Shop?** Barrington Books **Best thing about country?** The space! The trees, the flowers, the rolling hills, the quiet **Worst thing about country?**

Mosquitos **The perfect day is?** Curled up on the couch with my kids and my husband, sparkly snow falling, the fireplace is on, and we're watching a movie

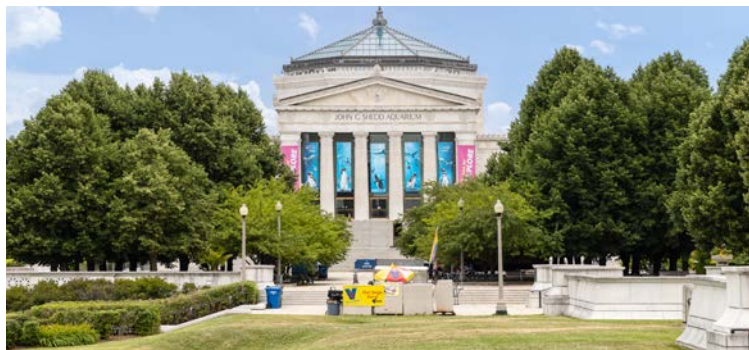


WHEN IN TOWN

Your style is? '90s Winona Ryder, but without all the shoplifting **Can't leave the house without?** A water bottle **Transportation?** Walking **Driving music?** Eurodance **Place to eat?** Maple & Ash, Adalina, Quartino, Café Crémère **Shop?** P.O.S.H. antique store **Best thing about town?** The museums and architecture **Worst thing about town?** Nothing. Chicago is the best city **The perfect day is?** A morning stroll followed by coffee, checking out a museum, sitting streetside at a cafe, then ending the night at home in our condo that overlooks the beautiful skyline.



MAPLE & ASH





Epitomize



14



17



16



18



15



Spring

Let your wardrobe bloom with color.

EDITED BY MEGAN WEISBERG

19



20



21



1 Bernadette, Josselin Bow One-Shoulder Taffeta Maxi Dress, matchesfashion.com.us 2 Chloé, Asymmetric Knotted Pleated Wool Gown, net-a-porter.com 3 Tory Burch, Linen Pleat Dress in Bright Leaf, toryburch.com 4 Dada Sport, Gerry Riding Pant in Orange, dadasport.com 5 Tory Burch, Embellished Viscose Halter Top in Dark Sky, toryburch.com 6 TOTEME, T-Strap Suede Point-Toe Flats, net-a-porter.com 7 Gianvito Rossi, 85 Patent Leather Sandals in Lime Green, net-a-porter.com 8 Dada Sport, Venezia white shirt, dadasport.com 9 Jacques Marie Mage, Valkyrie Aviator-Style Acetate Sunglasses, net-a-porter.com 10 Tory Burch, One-Shoulder Clip Tank Swimsuit, toryburch.com 11 Brunello Cucinelli, Floral Print Silk Satin Wide-Leg Pants, net-a-porter.com 12 Tory Burch, Spaghetti Mesh Strap Top in Black, toryburch.com 13 Valentino Garavani, Printed Silk Twill Headband, net-a-porter.com 14 Tory Burch, Jersey Shirdress in Dark Green, toryburch.com 15 Tory Burch, Twill Cargo Pant, toryburch.com 16 Tory Burch, V-Neck Wool Pullover in Gray Melange, toryburch.com 17 Valentino Garavani, Printed Silk-Twill Scarf, net-a-porter.com 18 Tory Burch, Draped Tulle Dress in Iced Sky, toryburch.com 19 Balmain, Cropped Pointelle Knit Cardigan, net-a-porter.com 20 Tory Burch, Linen Beach Pant in Bright Lemon, toryburch.com 21 Tory Burch, Howell Court Sneaker in Titanium White, toryburch.com

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Bringing the Good Energy

*From the moment she wakes up until she goes to sleep, successful Barrington real estate broker and mom **Kate Fanselow**'s days are hectic but also exciting and rewarding. Country spoke to Fanselow about what her typical day looks like.*

WORDS BY **MITCH HURST**

PHOTOGRAPHY BY **MARIA PONCE BERRE**

STYLED BY **THERESA DEMARIA**

First drawn to Barrington's idyllic hometown feel, Kate Fanselow has lived here for more than a decade. She runs The Kate Fanselow Group, part of the Barrington office of Compass, one of the most successful brokerages in the area. Hiring two like-minded women, Mo Marienthal and Anne Mannelly, the trio has taken on the local market as working mothers, who are dedicated to their clients, their families, and their community. "What I love about my career is it's different every day," Fanselow says.

MORNINGS

The first thing I do in the morning is check my phone. A lot of my deals get negotiated late at night or early in the morning and within an hour or two, my schedule for the day fills up. (I love the unpredictability of it!)

I have two kids, Penny (13) and Teddy (9), and sometimes helping them get ready for school can be a bit of a hot mess, but we manage. Then, I try to exercise. I love The Den Fitness, right in town.

My days are jam-packed, especially in today's strong market. I'll typically have meetings with clients, designers, and stagers to prepare homes for listing. I'll sometimes meet with my investor client, who is doing home flips. There are also meetings with inspectors and appraisers, and showings and negotiations. If there's time, I swing by Cook Street Coffee or Nekter to pick up drinks for my clients. I support local businesses, and they support me. There's a great vibe in Barrington—I call it a "throwback"—where people support each other.

LUNCHTIME

I'm usually on the go during lunchtime so I grab a quick sandwich at

Heinen's, our local grocery store. On Thursdays, I play paddle tennis and am fortunate that I have the flexibility in my career allowing me to do so.

AFTERNOONS

One of my favorite parts of my job is helping first-time homebuyers. They meet me after their workday, and we'll check out homes that came onto the market that day. There's also a lot of paperwork in this business. So, toward the end of the day, I look at the stack on my desk and dive in. One of the reasons I love Compass is the technology the company offers; it's very advanced and gives our brokers an edge. I use it to capture data and keep databases up to date.

EVENINGS

I often won't get home until 7 or 8 p.m. My husband is a great partner and he'll make the kids dinner—his Chicken Parm is Teddy's favorite—so once I get home, I'm available for "Mom Time." Checking in with the kids and learning about their days is how I find balance between work and being a mom.

I love to go to my kids' sporting events and will often bring my laptop and work while I'm there. The market moves so fast that you have to be ready to help clients take advantage of opportunities at a moment's notice.



Always current. Fanselow stops to check emails, stay on top of new listings, and see what the line-up is for carpool duties that afternoon.

A typical morning in the Fanselow household, Kate checking in on work, while laughing with her two kids as her husband, Ed, is on omelet duty.

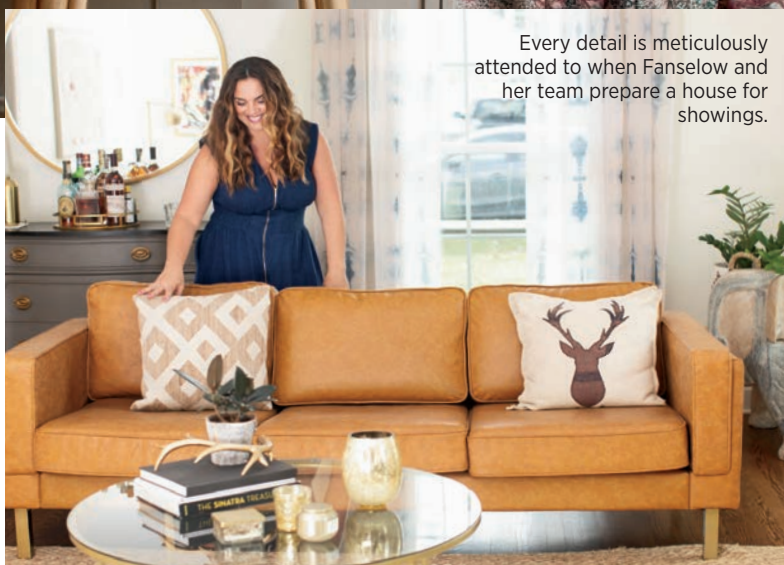


Once a week, I try to get out with my husband, Ed, or girlfriends to a local restaurant. It is the best to be greeted at gigi Wine Bar & Bistro with their signature Gold Rush cocktail without even having to ask. There's something special about a small town.

These are long days, often 12 hours or more, but I love my career. I love the exciting pace of the real estate business, and I love helping my clients achieve their goals. Most importantly, though, I love giving back to the place that has given so much to me.

For more information, visit katefanselow.com.

Every detail is meticulously attended to when Fanselow and her team prepare a house for showings.





SHANA VITEK

EQUITY PARTNER
BEERMANN LLP

DIVORCE WITHOUT COURT

Divorce is a very personal and emotional process that often involves children. However, anyone with an internet connection can access most divorce court documents. Additionally, divorce court often takes place on Zoom and is broadcast on YouTube where anyone can log on and watch.

It is concerning that children can go online to read the details of their parents' divorce, or that a nosy neighbor could pull up another family's divorce paperwork on their phone.

There is simply no reason the details of any divorce need to be public. Even the most contentious divorces can be handled without going to court. Better options are available if both parties agree they want to keep their divorce private. Alternative dispute resolution processes like mediation, arbitration, and collaborative divorce are very effective ways to accomplish this goal in the most efficient manner possible.

Shana Vitek is an Equity Partner at Beermann LLP, the largest family law firm in Illinois. For over 20 years, she has practiced family law exclusively and is trained in mediation, arbitration, and collaborative law.

For more information, visit www.beermannlaw.com/team/shana-l-vitek.

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A contemplative Kari Londergan wearing Lela Rose, neimanmarcus.com

Begin Again

Dr. Kara Londergan *assists her patients to find pathways through trauma.*

WORDS BY **TRICIA DESPRES** / PHOTOGRAPHY BY **MARIA PONCE BERRE**
HAIR AND MAKEUP BY **LEANNA ERNEST** / STYLING BY **THERESA DEMARIA**

There was a time when people chose to experience trauma-related pain behind closed doors. Rather than go to therapy, people chose silence, struggling to find ways to exist while their hearts broke.

But thankfully, those days are long gone.

“Not only is there more access to therapy now, but it’s become much less stigmatized,” explains Dr. Kara Londergan of Hohm Psychotherapy. “I have teens who come to me now who think, ‘therapy is cool.’ This is just part of what we do.”

This openness to therapy is much needed for people of all ages, as society searches for a way to rebound following the chaos of the pandemic.

“We were very isolated at that time, and isolation in humans is very traumatic,” Dr. Londergan recalls. “We cannot survive without connection to others. Connection is where we heal and thrive as human beings. A lot of anxiety came from COVID, and the isolation we all felt was traumatic for sure.”

Yet, the heaviness around the word “trauma” is enough to make people still feel a tad uneasy. Dr. Londergan hopes educating people

about the ubiquity of trauma will ease their apprehensions.

“Trauma is defined as anything that overwhelms our ability to cope,” says Dr. Londergan, a graduate of Adler University. “Anything we have gone through in our life that has overwhelmed us is stored in our body. And so, anxiety comes from those experiences. But when you go back to that core wound that’s stored in your body from that traumatic experience and work on resolving that, then the anxiety ultimately gets less intense.”

Dr. Londergan says she often uses body-based approaches to treat anxiety. “I use what’s called a bottom-up approach because I like to hit at the core of what’s going on,” expresses Dr. Londergan. “You’re starting from the bottom of the wound and then you’re going up into the body and the beliefs we hold inside. From there, we examine how these beliefs come out in the behaviors, and how these behaviors show up in our relationships.”

The skilled team at Hohm Psychotherapy also provides their clients the chance to partake in EDMR, an increasingly popular form of psychotherapy that involves eye movement desensitization.

“It’s the most effective form of trauma therapy,” she explains.

“Research shows that when we go through any sort of overwhelm-

Londergan in Lafayette
148 New York,
neimanmarcus.com





“When we have unhealed trauma, we have suppressed emotions...”

Hohm Psychotherapy's
Dr. Londergan wearing
Lafayette 148 New York,
neimanmarcus.com

ing traumatic experience, it's stored in our right brain. The process of EMDR is bilateral stimulation. It hits at the root of the activation in your body and where the experiences are stored.”

And it doesn't resemble talk therapy in any way.

“It's very structured,” continues Dr. Londergan.

“You're creating a target plan. How is the anxiety showing up physically? What we're doing is we're desensitizing the stored experience and the core belief. So, we're moving the experience from our right brain to our left brain where it becomes just more logical and interwoven and less activating.”

No matter what treatment one chooses, the most important thing is that the pain is treated because the physical challenges can be many.

“When we have unhealed trauma, we have suppressed emotions,” says Dr. Londergan. “They contribute to very

specific illnesses over time. The more that we take care of our mental health and express our emotions and feel connected, the less we're going to have to take the pills for this thing or that thing.”

And access to these much-needed therapeutic services has never been easier. “Clients feel more comfortable going through Zoom and having a telehealth appointment rather than traveling and taking time out of their day to focus on therapy,” observes Dr. Londergan.

“I've heard people say they are too old to do the work, but the truth is that you're never too old to begin again. And when you start to do the work, it's like going to the gym, you're exercising a new muscle, and no, it's not the most fun. It can be very difficult, but it is rewarding because you're growing in a new way.”

For more information, visit hohmpsychotherapy.com.

• IN A *Pinch*



Experience the ultimate convenience with Pinch's "Pinch Party" where providers bring the med spa experience directly to you and your friends. Photo provided by Pinch.

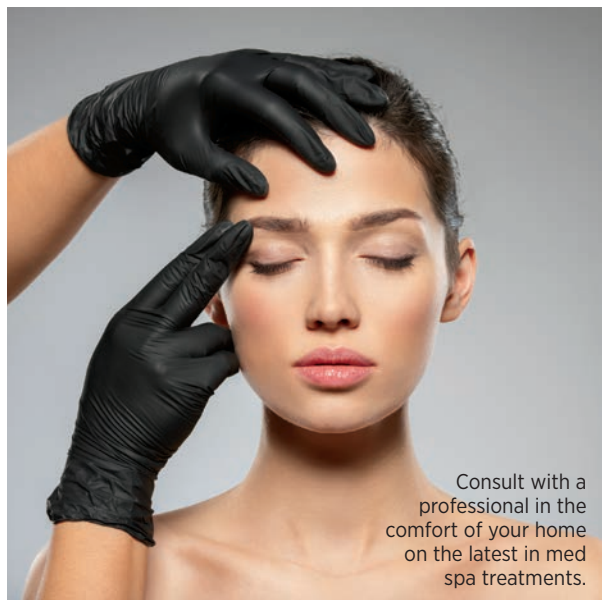
*Chicago's **Elan Mosbacher** leverages his technology know-how to launch Pinch, an innovative **Mobile Med Spa** that provides a win-win for clients and providers alike.*

WORDS BY **ANN MARIE SCHEIDLER**

Chicago's Elan Mosbacher is a startup guy. He's especially fond of ideas that make real life experiences easier.

Mosbacher is making headlines today as the co-founder and CEO of Pinch, a new Mobile Med Spa in Chicagoland dedicated to empowering nurse practitioners to become healthcare entrepreneurs. Today, Pinch's unique model trains nurse practitioners to provide medical spa services, including Botox, chemical peels, filler, and more to clients in the comfort of their own homes.

Mosbacher is no stranger to marrying technology and



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convenience. He first found success in such a union with an app that revolutionized how we park—SpotHero. Since its launch in 2011, SpotHero has helped drivers easily find affordable parking at more than 8,000 garages, lots, and valets in more than 300 North American cities. He's now bringing these same sensibilities that made SpotHero a billion-dollar business to Pinch.

"Pinch is a flexible, fun, and lucrative gig that can be done in addition to a day job instead of a nurse practitioner having to work a second shift," Mosbacher says. "And, it's comfortable and convenient for clients, people ranging from busy parents to people who might be uncomfortable in the med spa environment."

Pinch came to be after Mosbacher had a conversation with his childhood friend, a trauma surgeon, about the significant issue of healthcare burnout. They discussed how professionals in healthcare lacked the flexibility of remote work, a privilege enjoyed by tech workers and others. This lack of flexibility left many in healthcare feeling overwhelmed and on the brink of quitting.

Pinch enables nurse practitioners to launch their own businesses in the aesthetics industry. Pinch providers work when and where they want and typically earn more per hour than in their day jobs.

"Our goal is to set up nurse practitioners to run their own businesses," Mosbacher says. "We recruit, onboard, and train

them—removing the financial barriers of getting into the business. Many nurse practitioners already have aesthetic experience. Our nurse practitioners—our Pinch providers—set their own hours and how busy they want to be. They are responsible for their own success. We make this very accessible for them."

Pinch is the fastest-growing mobile med spa and is now serving more than 120 zip codes throughout Illinois.

"As a busy mom and Pinch Provider, I've personally experienced the convenience Pinch brings to both nurse practitioners and my clients," says Michelle Seaquist, an aesthetic nurse practitioner at Pinch who serves Lake County. "Pinch has allowed me to maintain the work-life balance I prioritize by granting me the freedom to make my own schedule and juggle my primary care responsibilities with my aesthetics practice. Pinch gives me the necessary tools and support to succeed, while providing my clients with the convenience and results they want."

No matter your age, gender or treatment needs, Pinch:

- Comes to you for a comfortable and convenient treatment in your home
- Ensures that treatments are provided by experienced healthcare professionals
- Provides flexible appointments 7 days a week from 7 a.m. to 10 p.m.—so you can fit your schedule, not the med spa's
- Charges less than a traditional med spa because there's no brick-and-mortar overhead
- Offers private appointments and Pinch Parties (friends, families, husbands/wives, pre-wedding, salons, offices – all faces welcome)

"The convenience for Pinch clients begins the moment they visit BookPinch.com," Mosbacher explains. "Think about any time you've had to make an appointment at a medical office. You have to look up the contact info, call to make an appointment, complete an in-take form, travel to your appointment, wait in the waiting room—all before you ever see a provider. With Pinch, your living room is your waiting room after your appointment is booked entirely online."

With Pinch, there are no limits to how nurse practitioners can grow. "Pinch offered me a fast track to my dream job and provided support every step of the way," says Charles Samuel, an aesthetic nurse practitioner at Pinch serving Lake County. "I have the freedom to set when and where I work. Pinch empowers nurse practitioners like me to be our own bosses while alleviating the stress of managing supplies and inventory. That ownership shines through the incredible experience we give our clients. It's truly a dream come true."

Mosbacher is excited about what's ahead for Pinch. "I remember when I would be walking through the airport and a TSA worker would see me wearing SpotHero merch and would say, 'I love SpotHero.' It was the best feeling to know they recognized our product and had to say how much they liked it. I can't wait for people to have that same feeling about Pinch. It won't be long before they do."

To learn more about Pinch or to make a med spa appointment, visit bookpinch.com or follow them on Instagram @bookpinch.

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Southern Mac & Cheese Bake with Spiced Tomato

WORDS, PHOTOGRAPHY, AND FOOD STYLING BY **MONICA KASS ROGERS**

When I was a young cook, getting the right sauce consistency for baked macaroni and cheese was hit or miss. I'd make the roux, stir in the milk, cheese and noodles, pop it in the oven and hope for the best. Discovering an old Southern recipe in a community cookbook that told me I could skip the roux and simply thicken the sauce by whisking egg into the milk was a great revelation. This method became my standard for baked mac and cheese: Never too thick but always cheesy-oozy the way my kids liked it. Somewhere along the line, I started mixing spiced tomatoes into the

casserole, heightening the flavor, and never looked back.

With both sharp cheddar and colby layered in the mix, this bake is super cheesy. I like to use an aged white cheddar, but you can substitute your favorite good quality sharp cheddar. Stick with colby for the middle layer. I usually make this with regular elbow macaroni, but whole wheat or gluten-free options work well, too. For the tomato mix-in, I prefer to use Campari brand unless it's summer and there are farmers market or home-grown beauties available. Crowning all, the panko-crumbs topping adds a nice crunch.

METHOD

MAKE MACARONI: Heat large pot of water to boiling with 2 tsp of salt stirred in. Add macaroni and cook, stirring occasionally to prevent clumping, until macaroni is cooked but not mushy. Strain macaroni in a large colander. Rinse with cold water. Set aside.

MAKED SPICED TOMATOES: Rinse tomatoes, quarter and add to a pot with 1 Tbsp. olive oil over low heat. Smash tomatoes with a potato masher. Stir in chili powder, paprika and salt. Simmer for about 10 minutes, stirring occasionally until raw tomato flavors mellow. Remove from heat and set aside.

MAKE CHEESE SAUCE: In a large pot or bowl, whisk milk with eggs and mascarpone cheese until smooth. Stir in 2 cups of the grated cheddar cheese, pepper, salt and cooked/drained macaroni.

ASSEMBLE AND BAKE: Place oven rack

in upper 1/3 of oven. Preheat oven to 350 degrees. Spoon half of the macaroni mixture into a casserole dish and stir in half of the spiced tomatoes. Cover the noodles with the 2 cups of grated colby cheese. Top with remaining noodles. Spoon remaining spiced tomatoes in dollops over the noodles, dotting evenly to cover the whole expanse. Cover casserole with foil and bake in 350 degree oven for 35 minutes. Remove casserole from oven. Discard foil and top casserole with remaining 2 cups of grated cheddar. Mix panko bread crumbs with melted butter and a pinch of salt. Spread crumbs evenly over the cheese. Increase oven heat to broil setting. Place casserole back in oven for a scant minute or two until crumbs are golden brown and cheese is melty and bubbly. (Watch carefully—the topping can go from golden brown to burned in an instant!) Remove from oven and allow to setup for 15 minutes. Serve.



SERVES 10

INGREDIENTS

- 2 tsp Kosher salt
- 1 lb elbow macaroni
- 1 lb (8 medium-sized) Campari tomatoes, quartered to make 2 cups
- 1 Tbsp olive oil
- ½ tsp Kashmiri chili powder OR ¼ tsp cayenne pepper
- 2 tsp smoked paprika
- ¼ tsp kosher salt
- 2 cups whole milk
- 3 large eggs
- ½ cup mascarpone cheese
- 12 oz block of sharp cheddar cheese, grated with the large holes of the grater to make 4 cups (I use aged white cheddar)
- Several grinds of fresh cracked black pepper and
- 1 tsp kosher salt
- 8 oz block of colby cheese, grated with the large holes of the grater to make 2 cups
- ½ cup panko bread crumbs
- 1 ½ Tbsp melted butter
- Pinch of salt



Rear exterior
facade and pool
of The Santa
Maria hotel.



STOP & STAY

Panama City's airport may be the gateway to the world but the country's history and natural beauty merit an extended visit.

WORDS BY **DUSTIN O'REGAN**

Panama City has location, location, location in its favor. As the connecting point between the Americas, Panama City's airport sees flights daily from more than 80 destinations. Why not treat your layover like a vacation by breaking up the trip and visiting one of Central America's most metropolitan cities?

With historic architecture, ultramarine seas, and dense tropical forests, there is plenty to experience. If you are a history buff, I recommend booking a guided city tour with Ancon Expeditions of Panama. Our knowledgeable and fun guide helped us discover a

city that is a study in contrasts—towering downtown skyscrapers pay homage to the modern age while two interior sections are both UNESCO World Heritage Sites. Casco Viejo (“old quarter”) is a gorgeous, walled, colonial city full of history and flavor, and Panama Viejo is an archaeological site that preserves the ruins of Old Panama City, which was founded in 1519 but later destroyed by pirates. Be sure to ascend the Cathedral Tower for outstanding views and visit the beautifully curated museum, which outlines the country's history in an easy manner.

An absolute must on your itinerary is the Panama Canal, recognized as one of the Seven Wonders of the Modern World. It draws tourists from around the



globe, making it the most visited attraction in the country. An admission ticket includes a fascinating documentary, *A Land Divided, A World United*, about the building of the canal—the only one of its kind to connect the Pacific Ocean to the Atlantic Ocean, dramatically shortening transit routes.

Perhaps history lessons leave you yawning while nature quickens your pulse? No worries, the city has several natural parks for hiking and wildlife observation. The city views from the Metropolitan Park, a tropical forest sanctuary, are breath-stealing. Don't be surprised if you glimpse a sloth or two. A favorite place for Panamanians to walk, skate, and bike is the Amador Causeway, which consists of four islands joined by rocks excavated during the Panama Canal's construction. You'll find several coastal services here offering fishing charters or ferries to the Pearl Islands, an archipelago consisting of more than 200 islands and islets.

A great place to stay is The Santa Maria. Located within the city's coveted Santa Maria Golf & Country Club, the resort not only immerses its guests in luxurious amenities but is just minutes from the

airport, Casco Viejo, Panama Viejo, and the Panama Canal. While Santa Maria is home to several eateries, my favorite was the Mestizo Restaurant serving Panamanian-Mediterranean fusion cuisine and the city's best Sunday brunch. The tantalizing dining concepts are complemented by an expansive pool, a locally inspired spa, a workout facility, and plenty of space to play—from the 18-hole Jack Nicklaus-designed golf course to tennis and basketball courts. The rooms boast Luxury Collection beds, Le Chemin products, and beautiful views.

If you are passing through Panama City en route to your final destination—stop and stay. Copa Airlines has a Panama Stopover program that enables travelers to make the most of their stopover in Panama City for up to seven days without paying any additional airfare. There is so much more to see than just the airport. *Viajes felices!*

For more information visit, thesantamariahotel.com, anconexpeditions.com, and copaair.com.



Cathedral
Metropolitan Basilica
Santa Maria la Antigua
in Panama Viejo

PHOTOGRAPHY BY JUDITH ENGBERS



Rear exterior facade
and pool of The Santa
Maria hotel



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HOUSE & HOME

AN INSIDE LOOK AT CHICAGO'S MOST EXCLUSIVE ADDRESS—THE BARRINGTONS



JAMES Showroom

has opened in New York City, coinciding with the launch of owner Meredith Ellis' eponymous textile brand, available through JAMES. Experience the allure of exquisite craftsmanship at JAMES, where curated collections of the industry's most coveted fabric, wallpaper, lighting, furniture, and rug lines redefine the standards of design essentials. Ellis continues to redefine luxury introducing fresh designs that resonate with clients and designers alike.

meredithbellistextiles.com



LUXURY OFFERINGS: WHAT YOU GET FOR \$2 MILLION

From a woodland dream in *Quebec* to a home on the third-hole fairway of the *Club at Wynstone* to high-rise living in *Idaho* ... all available for close to **\$2 million**.

WORDS BY **MEGAN WEISBERG**



CANADA \$2.1 million

The Details: 4 Bedrooms, 3 Baths • 16,146 square feet, \$132 per square foot • Private boat dock, meticulous landscaping **Contact:** Engel & Völkers Tremblant, 819-681-5000

This designer property, set in the heart of a woodland in the Canadian province of Quebec, has a gorgeous ceiling reminiscent of a cathedral roof. The large stone and wood fireplace and various wooden furnishings create an ideal ambiance for relaxing evenings. Located

at the end of a private road, the home faces the majestic Lac Archambault and has a spectacular view over the lake. The basement features a French-style wine cellar built into the rock. In 2021, a contemporary building was added, housing a double garage and a loft with a shower room.



46 SOUTH
WYNSTONE DRIVE
\$1.749 million

WYNSTONE GOLF COMMUNITY, NORTH BARRINGTON

Located on the third-hole fairway of the Jack Nicklaus-signature golf course, the home's walk-out basement opens to the yard, golf course, and custom paver patio. The open floor plan creates a seamless flow throughout the main level, and the two-story great room has a beautiful stone fireplace. The first floor's custom mahogany library is

The Details: 5 Bedrooms, 5.2 Baths • 11,804 square feet, \$148 per square foot • A special social or full golf membership opportunities for The Club at Wynstone are associated with purchasing this home. • Sits on approximately 0.945 acre
Contact: Cathy Schmidt, Compass, 847-828-1277

a perfect home office. Upstairs are four bedrooms with ensuite bathrooms, generous closets, and a bonus room. The lower level offers an in-law arrangement with a full kitchen, a full bar, entertaining space, ample storage, and an in-home exercise room. Enjoy the beautiful screened-in porch and elevated views from the upper deck. The four-car attached garage has radiant heat and epoxy flooring.





116 S. 3RD STREET
UNIT #405
\$2 million
COEUR D' ALENE, IDAHO

The Details: 3 Bedrooms, 2 Baths • 2,356 square feet, \$848 per square foot • On-site concierge, 24-hour gym, golf simulator, indoor/outdoor pool, and lakeview community terrace
Contact: Hayden Anderl, Coldwell Banker, (208) 964-0234

This property at The Thomas George defines downtown luxury living. With only 60 private condominiums on floors four through 18 and a private, secure garage for owners, all the benefits of life on Lake Coeur d'Alene are literally on the doorstep. Each unit has high-end finishes, and

buyers have a range of view options to choose from including Lake Coeur d'Alene, McEuen Park, Tubbs Hill, Independence Point, and Sanders Beach. Unit sizes range from 785 square feet to over 2,300 square feet and pricing ranges from \$792,000 to \$2.4 million plus. Estimated completion in August 2025.





POP

Make emboldened choices with small pops of color throughout your home.

EDITED BY MEGAN WEISBERG



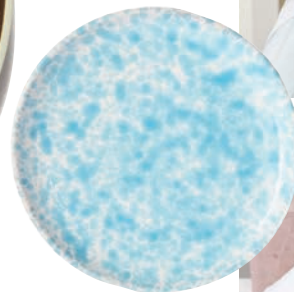
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17

1 Dolce & Gabbana, Padded Printed Silk Twill Blanket, net-a-porter.com 2 E. Braun & Co., Citron and Orange Cocktail Napkins, ebraunnewyork.com 3 Summerill & Bishop, Striped Linen Napkins, matchesfashion.com.us 4 Cabana, Demetra Glass Oil Bottle, net-a-porter.com 5 Authentic Provence, Gard Chair, authenticprovence.com 6 Authentic Provence, Duran Chair, authenticprovence.com 7 Tory Burch Home, Jolie Fleur Embroidered Tablecloth, toryburch.com 8 Tory Burch Home, Hand-Painted Salt Cellars, toryburch.com 9 E. Braun & Co., Carioca Cocktail Napkins, ebraunnewyork.com 10 E. Braun & Co., Butterfly Cocktail Napkins, ebraunnewyork.com 11 etüHOME, Rectangle Saddle Charcuterie Board, etubome.com 12 Rabitti 1969, Woody Large Leather Basket, matchesfashion.com.us 13 etüHOME, Round Saddle Charcuterie Board, etubome.com 14 E. Braun & Co., Pois Throw in Emerald, ebraunnewyork.com 15 Mrs. Alice, Splatter Print Ceramic Dinner Plates, matchesfashion.com.us 16 E. Braun & Co., Caroline and Renaissance Bed Linens, ebraunnewyork.com 17 E. Braun & Co., Fleurs de Pommier Towels, ebraunnewyork.com 18 Tory Burch Home, Mochaware Dinner Plate, toryburch.com

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TIME FOR TEA

South Barrington's Te'Amo Boba Bar Serves Up a Healthy Dose of Camaraderie.

WORDS BY **TRICIA DESPRES**

ILLUSTRATION BY **ROBERT RISKO**

Growing up in China, Mia Wan began her mornings with a simple, yet beautiful tradition. “The tea would always be brewing in the kitchen,” recalls Wan. “It’s the tradition of our hometown. We would drink tea with our family and then we would talk. When I moved to America to study at Purdue University, those are the memories I brought with me. And that’s why I wanted to bring tea culture here so people can enjoy the benefits of tea and share their good memories with their friends and family.”

Wan has brought this exquisite tea culture to South Barrington in the form of Te’Amo Boba Bar. “There was not a lot of boba or coffee shops here, so we wanted to bring the community our drinks made from real loose leaf tea and organic milks and desserts made with natural ingredients,” says Te’Amo Boba Bar’s co-founder located in South Barrington. “Tea not only hydrates you but has antioxidants to fight and prevent disease.”

Indeed, Te’Amo Boba Bar offers its customers an array of Taiwanese tea-based drinks containing tapioca pearls. But that’s not all it provides. “This place and this tea are not only good for your health, but it’s also good for your soul,” Wan explains.

South Barrington now serves as Te’Amo Bar’s tenth location. Wan and her business partners opened their first store at the University of Chicago in 2018, and followed it up with locations in Chinatown, The Shops at North Bridge, River North, Water Tower

Place, and Navy Pier. And with every location comes a brand new, all-encompassing experience.

“We put a lot of effort into being creative with our décor and making each place unique,” says Wan, who currently resides in Schaumburg. “Customers can bring their friends and family to each location and still feel that it’s different. Lots of our customers live in the suburbs, but they can go to the city and experience something completely new than what they might find at our Schaumburg or South Barrington location.”

Some important business practices, however, are standard across the shops. “We use organic milk to make all our drinks,” explains Wan, who also offers an array of desserts using all-natural ingredients. “That’s really different than traditional boba tea because many places use nondairy creamer, which is bad for people’s health. I prefer to give our customers the healthier version of boba tea.”

And while the tea is why people stop into Te’Amo Boba Bar, they stay for the chance to get closer to those in their community.

“Everyone always has their eyes on their phones, but here it’s different,” says Wan, who also sells eco-friendly merchandise such as reusable straws, cups, and tote bags. “People communicate. They share their stories, and they sit together at a round table. I feel that’s so meaningful because communication is very important for people’s emotional well-being.”

Wan says her goal is to ensure that people feel better when they leave Te’Amo Boba Bar compared to when they walked into Te’Amo Boba Bar. “That’s our goal,” she says. “We want every customer to leave here with a happy face.”

Visit Te’Amo Boba Bar at 100 W. Higgins Road, Suite F-35, in South Barrington.

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